

Cheese sauce³⁵

Number of Servings: 35 (81.07 g per serving)

Amount	Measure	Ingredient
8.00	cup	Milk, 1%, w/add vit A & D
13.00	Tbs	Flour, all purpose, white, bleached, enrich
7.00	cup	Cheese, cheddar, fancy, shredded

Nutrients per serving

Nutrition Facts		
Serving Size (81g)		
Servings Per Container		
Amount Per Serving		
Calories 70		Calories from Fat 15
		% Daily Value*
Total Fat	2g	3%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	200mg	8%
Total Carbohydrate	6g	2%
Dietary Fiber	1g	4%
Sugars	3g	
Protein 9g		
Vitamin A 6%	Vitamin C 0%	
Calcium 15%	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

Each ~2oz = 1 serving = 4 grams carbohydrate (0 Carb serving)

Melt margarine, remove from heat. Add flour and salt. Stir until smooth with wire whip, adding about 1/4 of the milk. Bring to simmer and cook 2 minutes, stirring constantly.

Heat rest of the milk in the microwave or a double boiler

Add hot milk to cooked mixture with a wire whip. Cook and stir as necessary until smooth, simmering and thickened. Stir in shredded cheese until melted and serve.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 145 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

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